

Crisis and non-emergency contacts

Emergency

Call 911 for immediate danger or a medical emergency.

Emotional crisis

Call or text 988 for crisis support, or use chat at 988lifeline.org.

Massachusetts care navigation

Call or text the Behavioral Health Help Line at 833-773-2445. It is available 24 hours a day, every day.

Routine outpatient questions

Contact Brave Path at (617) 991-3664 for non-emergency program and assessment questions. Brave Path is not an emergency or crisis service.

Source and more information

[Massachusetts Behavioral Health Help Line](#)

Source checked September 15, 2026. Contact the relevant organization to confirm current service details.

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